

bella rae

VALUE + BEAUTY + PURPOSE



SURFING SISTERS | HOW TO HOST A CLOTHING SWAP | FAMILY HOLIDAYS
FRIENDS EPIC FAILS | SLEEPING SECRETS | GOOD GRIEF

surf's up, sisters!

Mikaela and Eliza Greene moved across the country with only a surfboard bag, a suitcase and a dream to be the first two sisters on the world surfing championship tour.

Mikaela, 22, and Eliza, 19, talked enthusiastically for an hour straight as I listened enthralled, struggling to get the odd question in. These vibrant young women aren't content to simply live their dream, they're keen to take people along for the ride.

Mikaela felt like she was suffocating in Western Australia. Although the waves there are amazing, most of the surfing opportunities are on Australia's East Coast. Mikaela announced to her family that she was leaving, and Eliza said, "I'm coming!". Three days after Eliza's final high school exam, they flew into Sydney.

The bills seemed neverending – rent, utilities, car expenses, not to mention flights and visas for surfing comps! "We were pretty naïve and I am so glad we were because if we had known how difficult it was going to be, we might not have done it," Mikaela said.

They worked days at a surf school and bar jobs in the evening. When one person was low on money the other somehow had enough to cover it. Eliza said, "It felt like one of the worst times in our lives but now we look back on it and can see the funny side."

Mikaela said they hit breaking point when their parents flew over to visit after almost a year. "We were so broke," she said. "We were ready to pack up and head home but our parents wouldn't have that!"

Eliza said they grew up hearing their mum say – "Don't start something you won't see through," – and they wouldn't let them give up after working so hard. Eliza said if you can push through your breaking point, things do work out and the struggle makes you stronger. "You have hurdle after hurdle but eventually you get a break," she said.

So the sisters stuck it out. A month later all the bills were paid. Three months after

that Mikaela won her first international competition. "I ranked number one in the world. Things started falling into place."

Mikaela loves to free-surf. "The feeling you get when you're riding a wave is better than anything. It gives you such an appreciation for nature and you see amazing wildlife such as turtles, dolphins and whales."

Eliza enjoys the thrill of competing. "I love the butterflies before you paddle out – the little fire in your belly to take out first place but also the peace the ocean brings. Whatever stress or struggles you have on the land get put into a fresh perspective after swimming in the ocean."

The sisters are keen to show that you don't have to follow the crowd to be successful. Mikaela said she realised professional surfers can have a big influence on young girls. "It worries me when I see young girls wearing tiny bikinis and trying to be sexy. They should be carefree at that age (and at any age!), not caring about how they look."

Eliza said while she loves wearing bikinis, she doesn't feel less feminine wearing her wetsuits on cold days. "We like to look good but we also love to feel strong and show just that through our photos and stories on social media. We believe being known for your ability, personality and passion is way more important than being pretty. We certainly don't look perfect 24/7 and we're OK with that."

Mikaela and Eliza launched the Greene Sisters brand as a way to partner with organisations who empower women. Mikaela said they're only partnering with brands they believe in. "We're hoping to reach women and encourage them to stand with us, being real, strong and passionate."

Follow their adventures - @greene_sisters







Snazzy Summer Sandals

WHAT YOU'LL NEED

- A pair of sandals (nabbed these ones for about \$15)
- Hot glue gun (or very strong super glue)
- Pom poms
- Tassels
- Ribbon

*you can really add whatever you like - beads, charms, feathers, etc.

WHAT TO DO

Measure up your ribbon and glue to straps.

Super glue sets fast – plan things out first so you can work quickly! Could be a good idea to use gloves so you don't get glued to the sandals yourself!

Glue on your pom poms and other bits and bobs.

Tie your tassels on, let the glue set and dry and you have yourself some snazzy, toe-tapping sandals!

How do you respond to your friends' epic fails?

Letting people get close to us means they will hurt or disappoint us at some point. Even the best people can be thoughtless or make a bad call. You can choose to forgive and stop the hurt going any further. Or you can react in a way that makes the situation worse, taking revenge on the mistake-maker or even taking it out on innocent people around you. Can you see a pattern in the way you handle hurts?

Your friend borrows your favourite jacket and 'conveniently' forgets to return it.

- A. When you see her, you rip the jacket she is wearing off her and refuse to give it back until she returns yours!
- B. You sneak peanut butter into the pockets of her favourite jacket and never admit it was you.
- C. You let it slide, she looked better in the jacket anyway, and you have others you can wear.
- D. You patiently remind your friend, "Hey girl, where's my jacket at?" the next couple of times you see her until she remembers to get it back to you.

You and your mate are having a friendly debate when suddenly she takes it too far and says something personal. You...

- A. retort with something you know will sting.
- B. tell your other girlfriends about it later, to get them on your side.
- C. change the subject to something less touchy.
- D. let her know her words stung you and ask her what's up.

You overhear your homegirl talking about you behind your back, in a not very nice tone! You...

- A. storm off and go write one of her secrets on the bathroom walls in permanent marker.
- B. go to her Insta account and make some 'joking' but mean comments.
- C. pretend you didn't hear and hope she's not upset with you.
- D. ask her what's up, try to bring it out into the open and ask her to talk to you not about you.

Your bestie forgets your regular catch-up sesh and chooses to spend time with some new friends she's made. You...

- A. find out where her new friends live and go egg their house.
- B. lie in bed at night, imagining payback and deciding not to trust anyone again.
- C. figure her new friends are probably way more fun than you and make like it never happened.
- D. remember how you have also hurt others without meaning to and decide to use the time to hang with your fam.

Your gal pal starts dating a boy she knows you liked too. You...

- A. plan ways to make her look bad and break them up.
- B. avoid her at all costs and plan squad hangs without her.
- C. act like everything's fine but cry in your room every night for a week.
- D. let her know "that was not cool and it hurt" but when you see they're good together you let it go – you want to support her and you're not that desperate anyway.

REVENGER

Whoa sister, you need to cool it! We all make mistakes – you have made them too! It is a natural reaction to want to regain control when you're hurting and feeling vulnerable. In some ways, it's good you're upfront about your feelings, but your rash, vengeful words or actions aren't good for friendships. Payback only feels good for a moment. People can't trust you or feel comfortable with you if you're likely to fly off the handle at the smallest slip-up. Next time you're feeling the urge to strike back, take a deep breath and count to ten before you let your rage take over. You can choose to be the bigger person.

UNDER THE CARPET SWEEPER

Beautiful girl, you are worth more. Don't put up with your friend's epic fails. Stand up for yourself! We know conflict is scary but it is also a normal part of life. No relationship is conflict-free and nor should it be. There is value in fumbling through friendships and helping each other grow. But your keeping quiet isn't helping anybody, least of all you. Your friends need you to tell them when they have messed up, otherwise you'll be left feeling small, which you most certainly are not. Search for your voice, sweet one, and though it might feel awkward at first, speaking up will get easier with some practice. Being known by others is one of life's greatest treasures! Don't miss out!

SNEAKY ASSASSIN

Your passive aggressiveness is a real friendship-killer! You keep it cool on the surface while underneath you're wanting to teach your mate a lesson. Girl, don't be sneaking around in the dark trying to get the upper hand - bring it into the light! The person who has hurt you might not even know they've done it, and if you don't let them know, it will fester inside you and continue to keep you down. It might take some practice if you're not used to being open about your hurt. Try writing it down to help you stay clear in the moment. You can do it! Don't resort to undercover payback.

CLEVER FORGIVER

You're well on your way to being a top-notch friend! No grudges here, good work! You know that mess-ups and conflict are just part of being friends. But forgiving doesn't mean letting people get away with it or forgetting what they have done. It means acknowledging the hurt, giving your mate the opportunity to say sorry and then letting that pain go. This doesn't mean it's all smooth sailing, and sometimes you must choose wisely about how much to trust people who have hurt you before, but you are certainly more free than if you held on to a friend's epic fail.

MOSTLY

A

B

C

D

SUMMER SUN BEACH BATHERS





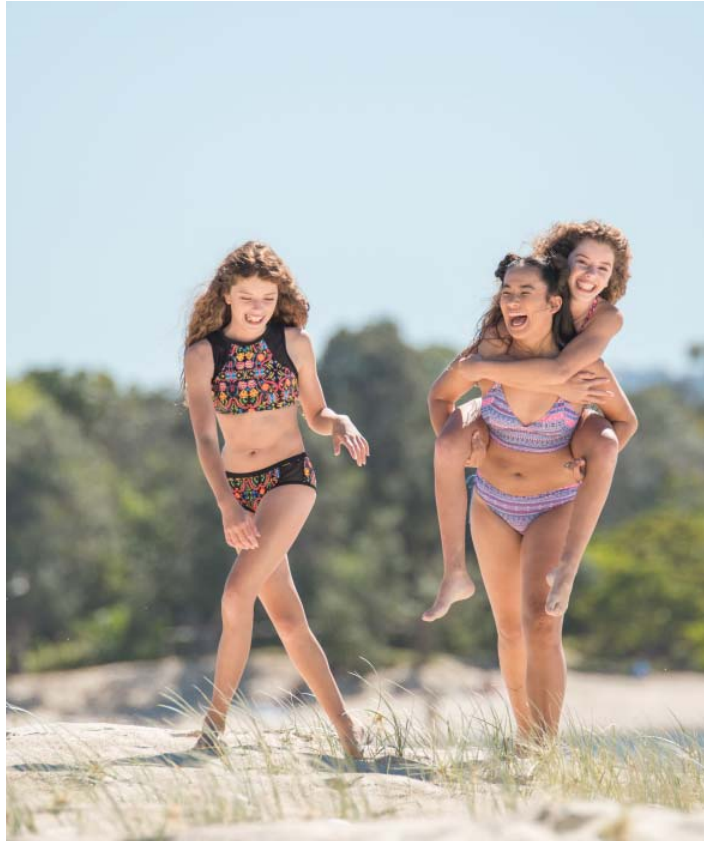
STYLING VITA ADAM | HAIR & MAKEUP JEHSIKA, AMIE, BRITTNEY, TIANE, SIMONAH, SHANNON, ACADEMY OF DESIGN
PHOTOGRAPHY ACADEMY OF DESIGN | LOCATION CURRUMBIN BEACH, GOLD COAST
WARDROBE MOSSY BOUTIQUE – WWW.MOSSYBOUTIQUE.COM | PIHA SWIMWEAR – WWW.PIHASWIMWEAR.COM

STEPHANIE Piha Denim Daze – laced back top – \$67.99 | Piha Denim Daze – Adjustable side pant – \$44.99 | Mossy Boutique cropped bell sleeve Top \$35 | Mossy Boutique blue sunglasses \$20 Summer Hat \$20

LIZ Piha Silk Road – scooped neck suit – \$74.99 Mossy Boutique White Hat \$20

CARLA Piha Breezy Floral – black mesh high neck top – \$49.99 | Piha Breezy Floral – black mesh hipster boy leg – \$39.99 | Mossy Boutique black sunglasses \$20 | Mossy Boutique Blush hat \$30







LATRICE Mossy Boutique
crochet bikini, blue \$50
Mossy Boutique crochet
skirt \$55 | Mossy Boutique
White wrap choker \$20
Mossy Boutique blue retro
sunglasses \$20

SARAH Mossy Boutique
crochet bikinis, cream \$55
Mossy Boutique long
kimono dress \$65



family holidays

These three brave writers answered the call for some creative writing about camping, rambling and tramping with the family.

TWO IN ONE

I just had two of the most different holidays you could possibly imagine – a road trip with my dad from Alice Springs to Tasmania, and walking the Overland Track, one of Australia's most famous hikes, with the whole fam. I spent 8 days sitting all day as we drove more than 4000km, relishing any chance to stretch my legs. Then I spent nearly a week walking all day, hiking almost 70km and taking any opportunity to sit down!

We drove the hottest, driest parts of this country, then hiked the coldest and wettest. I saw huge red rocks that rise up from the flat desert plains, and stood on top of a world littered with mountain peaks and swooping valleys. My bum got sore from sitting down, then my feet ached from walking. I ate at restaurants and fast food outlets every night, followed by rehydrated meals cooked on a camping stove.

Although my journeys seemed different, there were remarkable similarities. Both involved the most spectacular landscapes I've ever seen. Both meant sleeping in a different place every night. Both were a glorious respite from the hustle and bustle of daily life, time to spend sitting, or walking, chatting with my family and enjoying the landscape around me. I experienced the best Australia has to offer in a series of fabulous once-in-a-lifetime experiences! > **Riley Guyett, 15**

COMING TOGETHER

My whole family spends the last weeks of the school term dreaming of getting out of school and hitting the beach! (Both my parents are teachers.) Last holidays we each had a unique vision of how we wanted to spend our time off. My little

brother was keen to go fishing, while my older sister was looking forward to having freedom to be artistic whenever she felt inspired. Mum, Dad and I were all eager to get lost in a good book, and I also couldn't wait for some good long runs on the sand.

So, after Christmas we packed up our things for ten days at the coast. The usual arguments about who's going to sit in the middle seat occurred, we debated about what CD to listen to first, and at last we set off. At our holiday house, my brother and I had to share a room, which I found particularly unbearable this year because I happened to be on my period, so a couple of awkward questions about why I wasn't swimming were inevitable.

One memorable family activity that took place was a very competitive game of Monopoly. It included my sister making herself shed tears to try and convince Dad to sell a property to her, a lot of laughter, and many groans when Dad landed on 'Free Parking'. Although it was just a board game, we were so competitive and full of laughter that I think I will always remember it. > **Joanna**

THE TIME WE VISITED THE TAJ MAHAL

One may pause and reminisce about family holidays – possibly 'Brady Bunch'-esque campfire sing-alongs, fishing and feasting... That's what most normal family holidays look like, don't they? I wouldn't know, as all I have experienced is the *National Lampoon* freakshow that is my family attempting to camp. The most abysmal endeavour was roughly three years ago.

My office-job father had decided we would be an outdoors family. So he took

it upon himself to purchase what he referred to as the 'Taj Mahal of Camp Trailers'. The very next weekend we would make the trek to the nearest camp site, without checking the weather forecast, of course.

The family piled into the car early on the Saturday morning. We thought our dad was Bear Grylls as we watched him make the final adjustments to the trailer. What was to be a joyous expedition soon turned sour as dark clouds began to form on the horizon, figuratively and literally. My heart sank as the first fat raindrop hit the windshield of the car.

"It's just a shower," Mum reassured us. I breathed a sigh of relief. However, with almost comedic timing, the heavens opened, but still we pressed on. On arriving at the campsite we were promised by Dad, "*The guy at the store said it only takes 15 minutes to set up the trailer. We'll be dry and cozy in no time, kids!*" Maybe this holiday could be salvaged!

Four hours later, the Taj Mahal stood. It was soaking and slumped, but we huddled together inside, grateful for the shelter. But ol' Taj simply couldn't handle the deluge, and began to flood. It was then, as the four of us shivered, sitting on the floor of a leaky, barely-erected tent, that Mum called it quits. It took another 3 hours to dismantle the tent (so much for "15 minutes"). The car ride home was silent. Exhausted and freezing, the family did not speak, so Dad turned on the radio. We were greeted by the tinny voice reciting an urgent weather warning – "*A category 5 cyclone is forecast to hit within the next 8 hours. All residents are urged to stay inside.*" We stared at each other in shock horror. We had attempted to camp in cyclonic weather! > **Ainsleigh, 18**